

Introducing the NEW
Weight Watchers At Work



weightwatchers
*Beyond
the Scale*



The **Weight Watchers® NEW Beyond the Scale** program delivers our most holistic and personal approach ever. We've taken our great program and made it even better with some huge, exciting changes. The new program moves beyond what you weigh, so you can **eat healthier, move more, live happier AND lose weight!**

1 New SmartPoints™ plan makes healthy eating simple:
The new system goes beyond counting calories and nudges members toward a pattern of healthy eating that includes more lean protein, less sugar and less saturated fat.

2 New fitness approach that fits a busy life:
You'll earn FitPoints for the activity you do and get a personalized goal to reach for.

3 Designed to help find and fuel inner strength:
We'll give you the support you need to start, the motivation to stay inspired, and the confidence to keep going.

Change is in sight when you go *beyond the scale*.

Location	Date	Time
City Hall 255 W. Alameda St., 1 st Floor CR.	Thursday November 17th- Thursday February 16 th All subsequent sessions will be on Thursdays	12:00pm-1:00pm

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City Employees who attend 10 out of 12 sessions only pay the discounted price of \$78.00 (\$6.50 a week)

Attend 11 sessions and get \$156 credit towards the next 12 week series.*

Online Tools and APP now included in the low price**

Registration is on November 17th, checks accepted

*City Employees who attend 10 out of 12 sessions only pay the discounted price of \$78.00. Attend 11 sessions and get \$156 credit towards the next 12 week series. COT employee can only receive \$156 credit once every 12 months. Fee is due at registration. Any active City employee may join Weight Watchers at Work, but only employees who are eligible for insurance under the active employee program are eligible to receive the discounted price and credit towards another series up to \$156. Enrollment in City's medical plan is not required. See Insurance Handbook at www.tucsonaz.gov/insurance for employee benefits-eligibility criteria. If employee attends fewer than 10 sessions, employee is responsible to pay the entire series fees. **Online tools and APP only available during the 12-week session.